
**COMMUNITY HEALTH ASSESSMENT
2011**

Prepared for:

The Central Connecticut Health District

February 2011

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1 INTRODUCTION

The Center for Research & Public Policy (CRPP) is pleased to present the results of a Community Health Assessment conducted among residents of Berlin, Newington, Rocky Hill and Wethersfield on behalf of the Central Connecticut Health District (CCHD).

The Community Health Assessment was designed to provide resident input on current health status and needs.

The Health Assessment included a comprehensive telephone survey.

Telephone interviews (400) were conducted among residents of the four municipalities served by CCHD.

This report summarizes information collected from residential surveys conducted on February 1 – February 8, 2011.

The survey instrument employed in the Community Health Assessment included the following areas for investigation:

- Health Care Access;
- Exercise;
- Dental Care;
- Cardiovascular Disease;
- Tobacco Use;
- Immunizations;
- Falls;
- Seatbelt Use;
- Women’s Health;
- Prostate Cancer Screening
- Colorectal Cancer Screening
- HIV/AIDS
- Diabetes;
- Sun Safety;
- Cancer Survivorship;
- General Preparedness;
- Nutrition;
- Indoor Air;
- Home Environment;
- Health District Service Needs; and
- Demographics

Section II of this report discusses the Methodology used in the study, while Section III includes Highlights derived from an analysis of the quantitative research. Section IV is a Summary of Findings for the residential telephone surveys - a narrative account of the data.

Section V is an Appendix to the report containing crosstabulation tables and the survey instrument.

METHODOLOGY

Residential Telephone Survey

Using a quantitative research design, CRPP completed 400 interviews among residents of the four communities served by CCHD – Berlin, Newington, Rocky Hill and Wethersfield.

All telephone interviews were conducted February 1 – 8, 2011. Residents were contacted between 5:00 p.m. and 9:00 p.m. weekdays and 10:00 a.m. and 4:00 p.m. on the weekend.

Survey input was provided by CCHD officials.

Survey design at CRPP is a careful, deliberative process to ensure fair, objective and balanced surveys. Staff members, with years of survey design experience, edit out any bias. Further, all scales used by CRPP (either numeric, such as one through ten, or wording such as strongly agree, somewhat agree, somewhat disagree, or strongly disagree) are evenly balanced. And, placement of questions is carefully accomplished so that order has minimal impact.

All population-based surveys conducted by CRPP are proportional to population contributions within states, towns, and known census tract, group blocks and blocks. This distribution ensures truly representative results without significant under or over representation of various geographic or demographic groups within a sampling frame.

CRPP utilized a “super random digit” sampling procedure, which derives a working telephone sample of both listed and unlisted telephone numbers. This method of sample selection eliminates any bias toward only-listed telephone numbers. Additionally, this process allows randomization of numbers, which equalizes the probability of qualified respondents being included in the sampling frame. Cell phone respondents were included in the sampling process and represented 4.0% of the total sample.

Respondents qualified for the survey if they confirmed they were at least 18 years of age and were current residents of one of the qualifying communities.

Training of telephone researchers and pre-test of the survey instrument occurred on February 1, 2011.

All facets of the study were completed by CRPP’s senior staff and researchers. These aspects include: survey design, pre-test, computer programming, fielding, coding, editing, data entry, verification, validation and logic checks, computer analysis, analysis, and report writing.

Completion rates are a critical aspect of any telephone survey research. Because one group of people might be easier to reach than another group, it is important that concentrated efforts are made to reach all groups to an equal degree. A high completion rate means that a high percentage of the respondents within the original sample were actually contacted, and the resulting sample is not biased toward one potential audience. CRPP maintained a **78%** completion rate on all calls made. And, a high completion rate, many times, indicates an interest in the topic.

Statistically, a sample of 400 surveys represents a margin for error of +/-5.0% at a 95% confidence level.

In theory, a sample of all CCHD region residents will differ no more than +/-5.0% than if all region residents were contacted and included in the survey. That is, if random probability sampling procedures were reiterated over and over again, sample results may be expected to approximate the large population values within plus or minus 5.0% -- 95 out of 100 times.

Readers of this report should note that any survey is analogous to a snapshot in time and results are only reflective of the time period in which the survey was undertaken. Should concerted public relations or information campaigns be undertaken during or shortly after the fielding of the survey, the results contained herein may be expected to change and should be, therefore, carefully interpreted and extrapolated.

Furthermore, it is important to note that all surveys contain some component of “sampling error”. Error that is attributable to systematic bias has been significantly reduced by utilizing strict random probability procedures. This sample was strictly random in that selection of each potential respondent was an independent event, based on known probabilities.

Each qualified household within the CCHD region had an equal chance for participating in the study. Statistical random error, however, can never be eliminated but may be significantly reduced by increasing sample size.

HIGHLIGHTS

ON HEALTH CARE ACCESS...

- A large majority of residential respondents, 93.3%, indicated they have some form of health care coverage including health insurance, prepaid plans such as HMOs or government plans such as Medicare. However, 6.0% suggested they do not currently have any health care coverage. Statewide 2009 BRFSS (CDC's Behavioral Risk Factor Surveillance Survey) results indicate 90.6% have coverage while 9.4% do not.
- Among those with health care coverage, 71.3% said their coverage is provided by their employer or someone else's employer. Others mentioned a self-purchased plan, Medicare, Medicaid or the U.S. Military's plan – 3.2%, 17.7%, 1.9% and 1.1% respectively.
- While 8.3% indicated they do not have one or more individuals they consider their personal doctor or health care provider, 91.8% suggested they have one person (83.0%) or more than one person (8.8%).
- And, while 90.0% indicated there was not a time over the past 12 months when they needed to see a doctor but could not because of cost, 9.8% suggested there was.
- Just over three-quarters, 77.5%, said they have visited a doctor for a routine checkup within the past year.

ON EXERCISE...

- A majority of respondents, 83.5% said they do moderate physical activity in a usual week that causes small increases in breathing. Another 16.0% suggested they do not. Statewide 2009 BRFSS data show that 53.9% suggested they do moderate exercise for at least 30 minutes five days weekly.
- Nearly two-fifths, 39.0%, stated that when they are not working, they do vigorous physical activity in a usual week that causes large increases in breathing and heart rate. Another 60.8% said they do not. Statewide 2009 BRFSS data show that 32.0% do vigorous exercise at least 20 minutes three days weekly.
- Statewide 2009 BRFSS data also indicate, overall, that 78.4% say they do any regular physical exercise.

ON DENTAL CARE...

- A strong majority, 90.0%, reported they have visited a dentist or dental clinic within the past year. Another 10.0% said their last visit was between two years and longer than five years ago. Statewide 2008 BRFSS data suggested 80.3% had visited a dentist or dental clinic over the most recent 12-month period.
- A majority, 91.6%, said they have one (90.3%) or more than one (1.3%) person they think of as their dentist or oral health care provider.

ON CARDIOVASCULAR DISEASE...

- Researchers found that 4.8%, 3.8% and 2.8% of respondents have been told they have had a heart attack, angina/congestive heart failure/coronary heart disease or a stroke, respectively.
- Statewide 2009 BRFSS data show similar results of 3.0%, 3.3% and 1.6% for a heart attack, angina/congestive heart failure/coronary heart disease or a stroke, respectively.

ON TOBACCO USE...

- The CCHD 2011 research found that 11.3% of all respondents are currently smoking everyday (8.5%) or some days (2.8%). Statewide 2009 BRFSS data show 15.4% of the adult respondents currently smoke.
- Nearly two-thirds, 64.4%, of current smokers (11.3%) said they stopped smoking for one day or longer over the past 12 months in an effort to quit smoking.

ON IMMUNIZATIONS...

- Just over half of all respondents, 54.3%, said they had a flu shot since August, 2010 through February, 2011.
- Over half of respondents 65 years of age or older, 54.9%, suggested they have ever had a pneumonia shot or pneumococcal vaccine. Statewide 2008 BRFSS data indicate 66.8% of those 65 years of age or older had the shot or vaccine at some point.
- While 35.0% had not received a tetanus shot within the last 10 years, 58.8% did have the shot. Some, 6.3% were unsure.

ON FALLS...

- Respondents 45 years of age and older were asked how many, if any, falls they have experienced over the past three months. Nearly one fifth, 17.4%, suggested they had experienced a fall.
- Of this group, 71.2% experienced one fall while the remainder experienced multiple falls.
- And, among those who had fallen, 11.5%, suggested their fall(s) did result in an injury.

ON SEATBELT USE...

- While 90.0% of all respondents suggested they wear their seatbelts “always”, 8.6% said theirs are worn “nearly always” (5.3%), “sometimes” (2.0%) or “seldom” (1.3%). Some (1.0%) suggested “never” and 0.5% indicated they do not drive or ride in cars.
- A National Highway Traffic & Safety Administration (NHTSA) national survey in 2008 showed 83.0% always wear their seatbelts and NHTSA data for Connecticut showed the percent higher at 88.0%.

ON WOMEN’S HEALTH...

- A majority of all women surveyed, 88.0%, reported they have, at some point, had a mammogram. Statewide 2008 BRFSS data show that 84.1% of Connecticut women over 40 years of age have had a mammogram.
- And, 93.0% of all women surveyed reported they have had clinical breast exam.
- Another 95.5% of all women stated they have had a Pap test. Statewide 2008 BFRSS data show 83.9% of Connecticut women had a Pap test.

ON PROSTATE SCREENING...

- Males 39 years of age or older were asked if they have ever had a PSA test. Just over half, 57.9% suggested they had. Similarly, statewide 2008 BRFSS data show that 57.8% had a PSA test.
- Three quarters of all respondents, 75.0%, suggested they have, at some point, had a digital rectal exam. Another 21.3% had not and 1.2% were unsure.
- While 94.5% suggested they have not been told by a doctor, nurse or other health care professional that they have prostate cancer, 2.4% said they had.

ON COLORECTAL CANCER SCREENING...

- One third, 33.9%, of survey respondents 49 years of age or older said they have, at some point, had a blood stool test using a home kit. Statewide 2008 BRFSS data show that 24.0% reported the same.
- Nearly three-quarters, 70.4%, of respondents 49 years of age or older suggested they have had a sigmoidoscopy or colonoscopy exam. Statewide 2008 BRFSS data show that 69.5% reported they have had one of the two exams.
- More respondents (96.3%) reported having a colonoscopy exam than a sigmoidoscopy exam (3.1%).

ON HIV / AIDS...

- Researchers asked all respondents if they have ever been tested for HIV. Just over one quarter, 27.8%, said they had been tested. Another 69.5% said they had not and 2.7% were unsure.

ON DIABETES...

- Just under ten percent (9.5%) of all respondents said they have been told by a doctor, nurse or other health care professional that they have diabetes. Statewide 2009 BRFSS data show that 8.5% were told they had diabetes (6.7%) or were pre-diabetes / borderline (1.8%).
- Of those with diabetes (9.5%), 10.5% are currently taking insulin.
- And, nearly half of those with diabetes, 47.4%, said they have taken a course or class in how to manage their diabetes themselves.

ON SUN SAFETY...

- While 81.8% of all respondents said they never had red or painful sunburn that lasted a day or more over the past twelve months, 15.5% suggested they had. Some, 2.7% were unsure.
- Just 21.8% of all respondents suggested they “always” use sun screen or sun block with SPF of 15 or higher when outside for more than one hour on a sunny summer day.

ON CANCER SURVIVORSHIP...

- Over ten percent, 12.5%, of all respondents said they have been told by a doctor, nurse or other health care professional that they have cancer.
- Many respondents (10.0%) were under 30 years of age when they were told they have cancer. Others were 30 to less than 40 years of age (14.0%), 40 to less than 50 years of age (30.0%), 50 to less than 60 years of age (26.0%) or 60 years of age or older (20.0%).

ON GENERAL PREPAREDNESS...

- Respondents were asked how prepared they feel their household is to handle a large-scale disaster or emergency. Just over one quarter, 27.5%, suggested they felt well prepared while 59.3% said they felt somewhat prepared and 12.8% felt they were not at all prepared.
- And, just over one quarter, 28.5%, said they have a written disaster evacuation plan in place.
- A large majority, 90.0%, said they would, indeed, leave home if a mandatory evacuation was announced.

ON NUTRITION...

- On average, respondents are eating 2.26 servings of vegetables and 1.90 servings of fruit daily. The USDA recommends four to five servings of vegetables and two servings of fruits daily.

ON INDOOR AIR...

- Nearly three-quarters of all respondents, 70.8%, said they currently have a carbon monoxide or CO detector in their homes.
- Some respondents, 6.0%, said they currently have mold in their home on an area greater than the size of a dollar bill.

ON BMIs...

- CRPP calculated BMIs for each of the 393 respondents who provided researchers both their weight and height. The following table presents the results. The district average was 26.55. Statewide 2009 BRFSS data show 21.0% as obese, 38.0% as overweight and 41.0% either normal or underweight.

BMI Calculations	2011 CCHD Survey
Underweight: <18	1.6%
Normal: 18.5 – 24.9	36.6
Overweight: 25 – 29.9	39.7
Obese: > or = 30.0	22.1
TOTAL	100.0%
Average District BMI	26.55

ON HEALTH DISTRICT SERVICES...

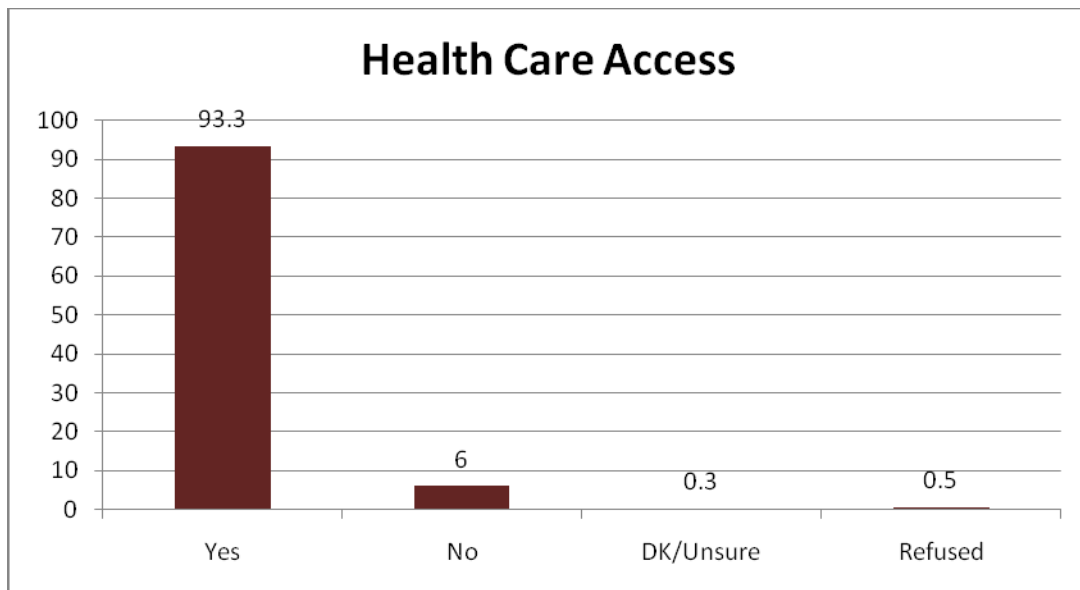
- In an open-end format question, all respondents were asked to name a program or service they would suggest the Central Connecticut Health District offer or offer more of within their respective communities.
- The most frequently named services or programs needed, in declining order, were: general health care including free or affordable care, general health education, disaster planning (help with home preparation and plans), a medical/health directory of area services, free or affordable flu and other vaccinations, and free or low cost screenings for such health concerns as blood pressure and diabetes. Other responses are presented in the Summary of Findings held within this report.

SUMMARY OF FINDINGS

Readers are reminded that the following section summarizes statistics collected from the telephone survey of 400 residents within the CCHD service territory – Berlin, Newington, Rocky Hill and Wethersfield.

HEALTH CARE ACCESS

All respondents were asked if they have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare. A majority, 93.3% indicated they do have coverage as presented in the following graph.



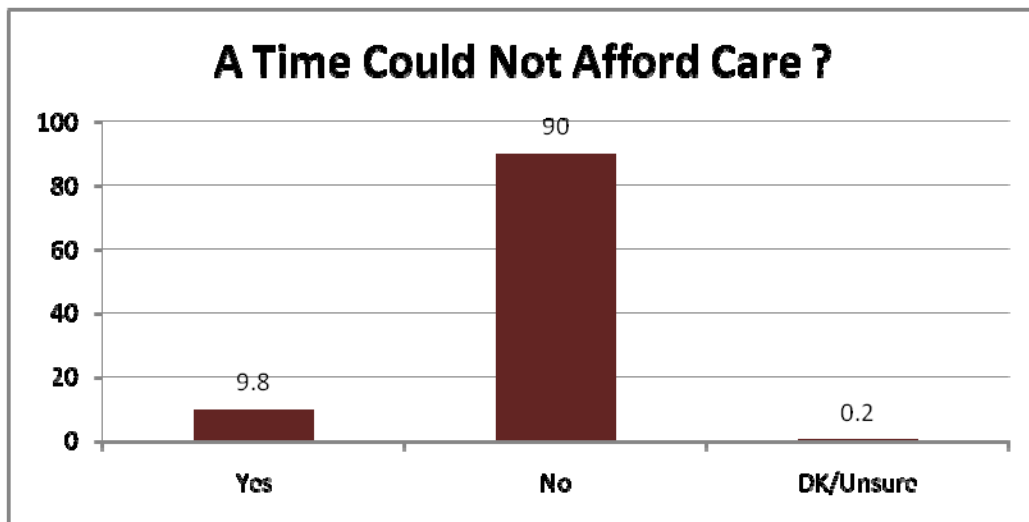
Respondents who reported having health care coverage, 93.3%, were asked to report the type of coverage they use to pay for most of their medical care. The following table presents the results as collected.

Type of Health Care Coverage?	Percent
Employer	56.3%
Someone else's employer	15.0
A plan that you or someone else buys on your own	3.2
Medicare	17.7
Medicaid or Medical Assistance	1.9
The military, CHAMPUS, TriCare or the VA	1.1
Some other source	4.8

All respondents were asked if they have one or more individuals they think of as their personal doctor or health care provider. Over ninety percent, 91.8%, indicated they have one (83.0%) or more than one (8.8%) provider. Some, 8.2% said they did not have one or more individuals they consider their personal doctor or health care provider.

Have One or More Health Care Provider or Personal Doctor?	Percent
Yes, one	83.0%
Yes, more than one	8.8
No	8.2

Researchers asked all respondents if there was a time, over the last 12 months, when they needed to see a doctor but could not because of the cost. While 90.0% suggested there was not, 9.8% said there was such a time. The following graph presents the results as collected.



All respondents were asked to report how long it has been since they last visited a doctor for a routine checkup – a general physical exam – not including an exam for a specific injury, illness or condition.

The following table presents the results as collected.

How Long Since Last Routine Checkup?	Percent
Within past year	77.5%
Within the past 2 years	12.3
Within past 5 years	7.0
5 or more years	3.3

EXERCISE

A majority of respondents, 83.5%, indicated that when they are not working, they do moderate physical activity in a usual week that causes small increases in breathing and heart rate such as brisk walking, biking, vacuuming or yard work. Another 16.0% suggested they do not while 0.5% were unsure.

And, researchers asked all respondents if, when they are not working, they do vigorous physical activity in a usual week that causes large increases in breathing and heart rate such as running, jogging, or weight lifting. Just under two-fifths, 39.0%, suggested they do.

Respondents who do moderate and vigorous physical activity were asked how many minutes they keep at it when exercising. The following table presents the results. “Don’t know” respondents were removed from the data.

How Long, In Minutes, You Exercise?	Moderate Physical Activity	Vigorous Physical Activity
<20 Minutes	9.9%	2.6%
20 - <30 Minutes	10.0	7.1
30 - <45 Minutes	30.1	31.0
45 - <60 Minutes	10.0	16.1
60 - <90 Minutes	27.8	31.1
90 Minutes or more	12.1	11.8

DENTAL CARE

Researchers asked respondents to report how long it has been since they last visited a dentist or dental clinic for any reason including visits to dental specialists such as orthodontists. The following table presents the results as collected.

How Long Since Last Dental Visit?	Percent
Within past year	90.0%
Within the past 2 years	4.3
Within past 5 years	2.8
5 or more years	3.0

Respondents were asked how long it has been since they last had their teeth cleaned by a dentist or dental hygienist. The following table presents the results.

How Long Since Last Teeth Cleaning?	Percent
Within past year	88.3%
Within the past 2 years	4.8
Within past 5 years	2.5
5 or more years	3.8
Not sure	0.5
Never	0.3

Researchers asked respondents if they have one or more individuals they think of as their dentist or oral health care provider. A majority, 91.6%, suggested they did. Results are presented in the following table.

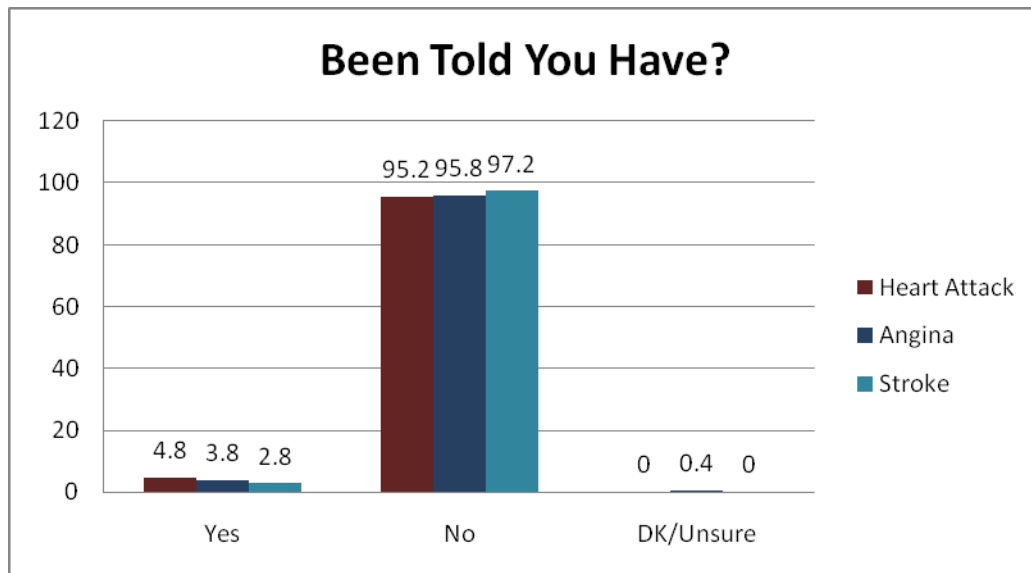
Have One or More Individuals as Own Dentist or Oral Health Care Provider?	Percent
Yes, one	90.3%
Yes, more than one	1.3
No	8.3
Don't Know / Unsure	0.3

CARDIOVASCULAR DISEASE

Respondents were asked if they have ever been told by a doctor, nurse or other health professional that they have had:

- A heart attack or myocardial infarction;
- Angina, congestive heart failure or coronary heart disease; or
- A stroke.

The following graph presents the results as collected.



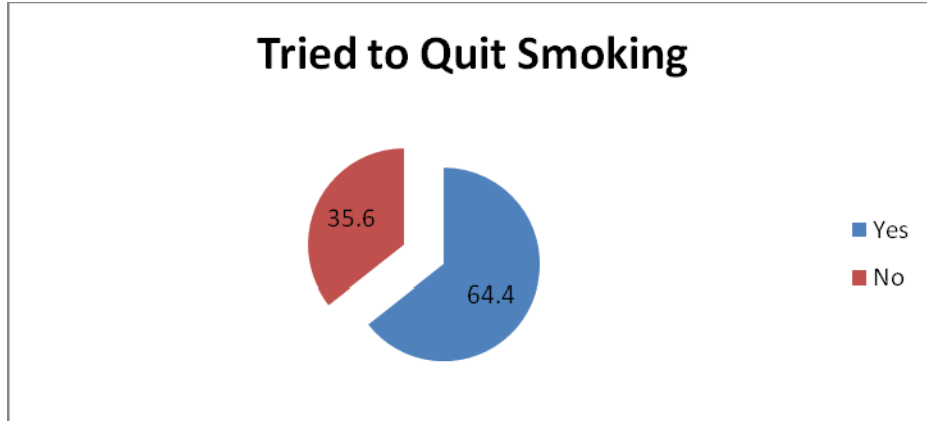
TOBACCO USE

Over one-third of all respondents, 37.0%, indicated to researchers that they have smoked at least 100 cigarettes over their entire lives. Another 62.8% suggested they had not while 0.3% were unsure.

Of this group (37.0), 30.4% suggested they continue to smoke either everyday (23.0%) or some days (7.4%). On a composite basis, 11.3% of all respondents suggested they currently smoke.

How Long, In Minutes, You Exercise?	Composite (400)	Have Smoked in Past (N=45)
Everyday	8.5%	23.0%
Some days	2.8	7.4
Not at all	88.5	68.9
Don't know	0.3	0.7

Among smokers, nearly two-thirds (64.4%), said they have stopped smoking for one day or longer over the last 12 months because they were trying to quit smoking. The following presents the results.



IMMUNIZATIONS

Just over half of all respondents, 54.3%, indicated they have received an injected influenza vaccine since August, 2010. Another 45.7% had not received the flu shot.

Respondents who received the influenza vaccine (54.3%) were asked who gave them their most recent flu shot. The following table presents the results collected.

Who Provided the Flu Shot?	Percent
Doctor/Doctor's Office	40.6%
Other	35.9
Pharmacy	10.1
Visiting Nurse Association (VNA)	6.0
Super Market Pharmacy	2.3
Central Connecticut Health District	5.1

All respondents were asked what month and year they received their most recent seasonal flu shot. The following table presents the results collected.

When You Received the Most Recent Flu Shot	Percent
Prior to December 31, 2008	6.4%
During 2009	8.2
In 2010, prior to August	1.3
August 2010 or later	54.7
Don't Know	11.8
Never	18.3

Respondents over 65 years of age were asked if they have ever had a pneumonia shot. Just over one-half, 54.9%, indicated they have. The following table depicts the results.

Ever Receive a Pneumonia Shot?	Percent
Yes	54.9%
No	42.7
Don't know / Unsure	2.4

Researchers asked all respondents if they have received a tetanus shot within the last 10 years. Over half, 58.8%, indicated they have. Results are held within the following table.

Receive a Tetanus Shot within the Past 10 Years?	Percent
Yes	58.8%
No	35.0
Don't know / Unsure	6.3

FALLS

Respondents, over 45 years of age, were asked if they have fallen over the past three months. Just under one-fifth (17.4%) of those over 45 years of age suggested they have fallen.

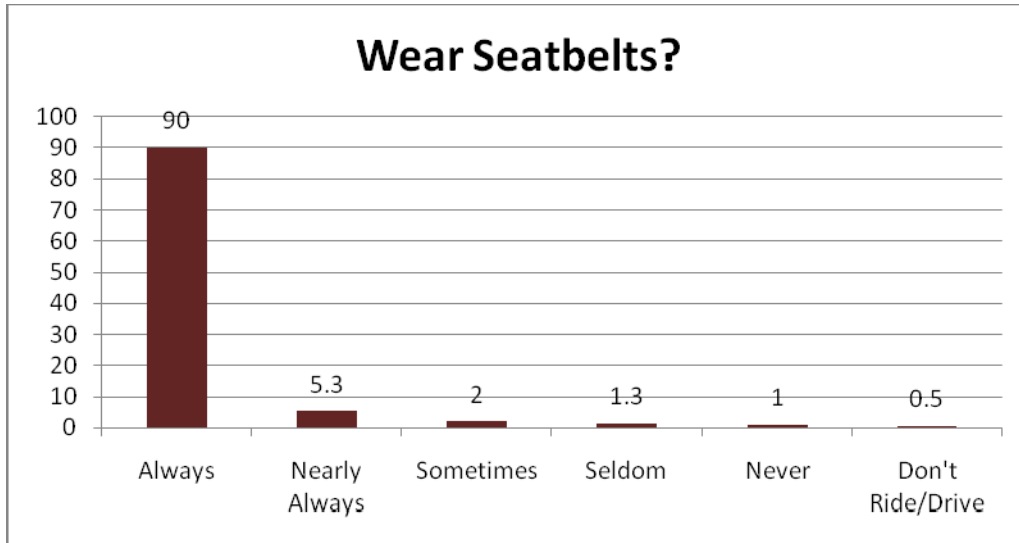
These respondents (17.4% or N=52) were asked to report the number of time they had fallen during the three month period. The following table presents the results as collected.

Number of Falls?	Percent
One	71.2%
Two	9.6
Three	7.7
Four	1.9
Five	3.8
Six	3.8
Ten	1.9

Six respondents or 11.5% of those who experienced falls reported that the fall(s) caused injuries that limited regular activities for at least a day or caused a visit to the doctor's office.

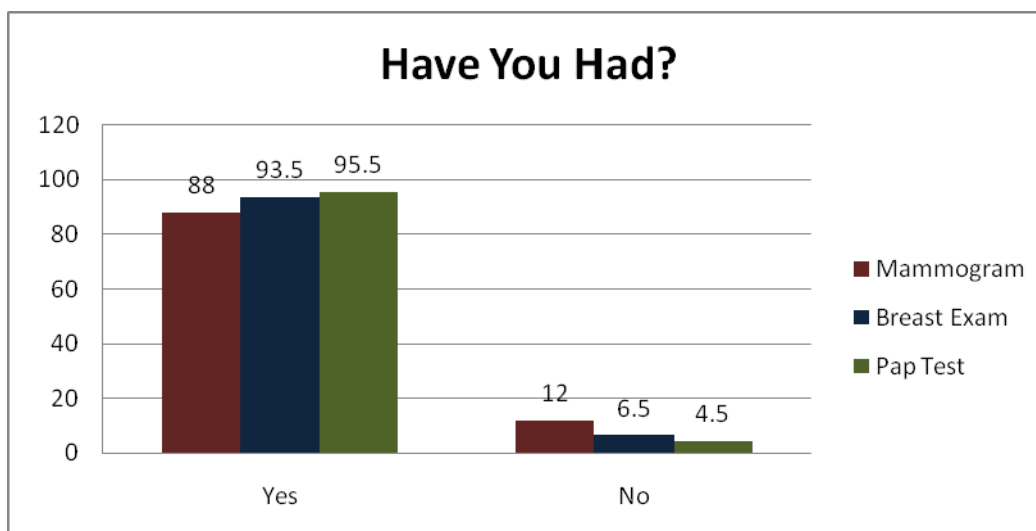
SEATBELT USE

Researchers asked respondents if they use seatbelts while driving or riding in a car always, nearly always, sometimes, seldom or never. The following table holds the results.



WOMAN'S HEALTH

Female respondents were asked if they have ever had a mammogram, a clinical breast exam or a Pap test for cancer of the cervix. The following table presents the results collected.

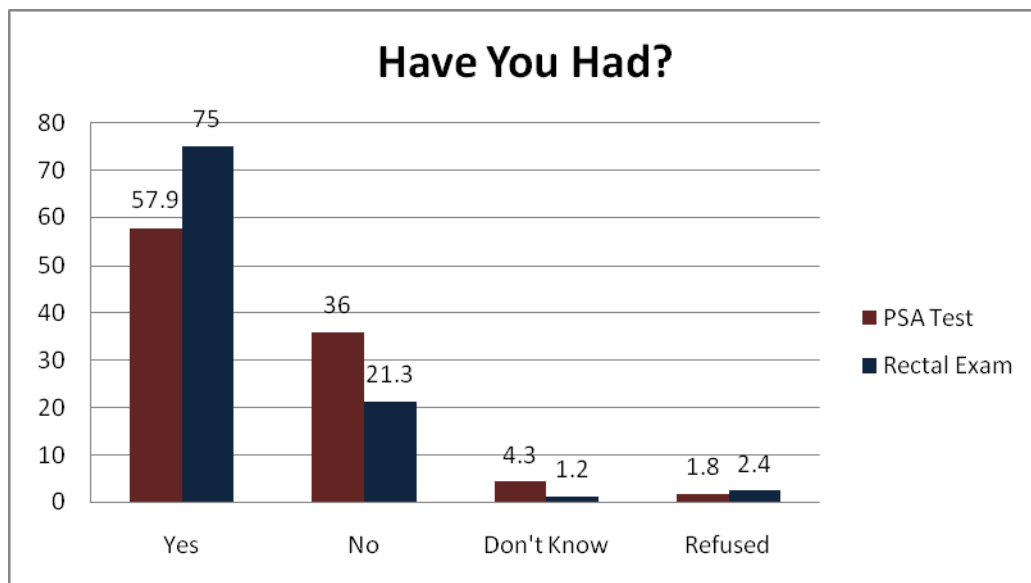


Female respondents who reported having a mammogram, a clinical breast exam or a Pap Test were asked to report how long it has been since the last exam/test. Results are held in the following table.

How Long Since Last ?	Mammogram	Clinical Breast Exam	Pap Test
Within past year	79.0%	86.1%	68.1%
Within the past 2 years	11.4	8.6	12.6
Within the past 3 years	4.0	2.1	5.2
Within past 5 years	1.7	0.5	2.1
5 or more years	4.0	2.7	11.0
Not sure / Don't know	---	---	1.0

PROSTATE CANCER SCREENING

Males 39 years of age or older were asked if they have ever had a Prostate-Specific Antigen test (PSA test) or a digital rectal exam. The following graph presents the results.



Males who reported having a PSA Test, or digital rectal exam, were asked how long it had been since the last test/exam. The following table holds the results.

How Long Since Last Test/Exam?	PSA Test	Digital Rectal Exam
Within past year	75.8%	69.1%
Within the past 2 years	12.6	16.3
Within the past 3 years	5.3	5.7
Within past 5 years	5.3	4.9
5 or more years	1.1	2.4
Not sure / Don't know	---	1.6

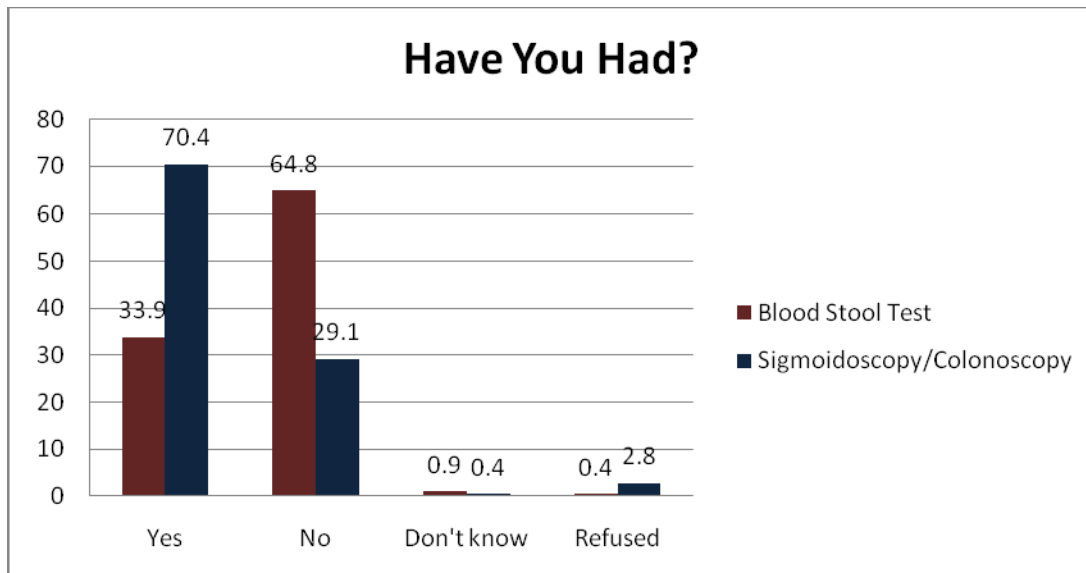
Males, 39 years of age and older, were asked if they have ever been told by a doctor, nurse or other health care professional that they have prostate cancer.

While 94.5% suggested they had not, 2.4% suggested they had. Some, 0.6% were unsure or refused (2.4%).

COLORECTAL CANCER SCREENING

Respondents 49 years of age or older were asked a series of questions about colorectal cancer screening.

Each respondent was asked if they used a home blood stool test kit and if they had either a sigmoidoscopy or colonoscopy exam. Results are presented here.



Among those respondents who reported having either a sigmoidoscopy or a colonoscopy, 96.3% suggested they had a colonoscopy while 3.1% said they had a sigmoidoscopy. Some, 0.6% were unsure.

Researchers asked respondents when they last had their blood stool test, sigmoidoscopy or colonoscopy. Results follow.

How Long Since Last ?	Blood Stool Test	Sigmoidoscopy or Colonoscopy
Within past year	25.6%	25.3%
Within the past 2 years	21.8	21.0
Within the past 3 years	9.0	18.5
Within past 5 years	20.5	25.3
5 or more years	20.5	---
Within the past ten years	---	9.9
Not sure / Don't know	2.6	---

HIV / AIDS

All respondents were asked if they have ever been tested for HIV – not counting tests conducted as part of a blood donation. Each was asked to include testing fluid from their mouths.

Just over one-quarter, 27.8%, of all respondents reported they have been tested for HIV/AIDS. Another 69.5% suggested they had not while 2.7% were unsure.

DIABETES

Nearly one-tenth of all respondents, 9.8%, indicated that they have been told by a doctor, nurse or other health professional that they have Diabetes. Of this group, 10.5% are currently taking insulin.

Researchers asked respondents with diabetes how old they were when they were told they have diabetes. The following table holds the results.

Age Told You Have Diabetes?	Percent
Under 40 years of age	16.2%
40 to <50 years of age	21.6
50 to <60 years of age	27.0
60 years of age or older	35.1

Those respondents with Diabetes (who do test their blood) were asked how often they check their blood for glucose or sugar. The following table presents the results.

Frequency of Blood Checks?	Percent
Less than daily	40.7%
Once each day	33.3
Twice each day	22.7
Three times daily	3.7

Three quarters of respondents with Diabetes, 73.7%, said they have seen a doctor, nurse or other health professional for their diabetes in the past 12 months. Of this group, the frequency of visits is reported within the following table.

Frequency of Medical Visits for Care of Diabetes Over Past 12 Months	Percent
One time	32.2%
Two times	32.1
Three times	17.9
Four times	10.7
Five times	3.6
Six times	3.6

Researchers asked respondents with Diabetes who reported having a test for “A One C” (76.3%) how many times they had the test over the past 12 months. Results are shown here.

Frequency of “A One C” Tests Over Past 12 Months?	Percent
One time	46.5%
Two times	21.4
Three times	28.6
Four times	3.6

Just under half of all those respondents with Diabetes, 47.4%, indicated they have taken a class or course to help them learn to manage their Diabetes.

SUN SAFETY

All respondents were asked, over the past 12 months, how many times they had red or painful sunburn that lasted a day or more. While most, 81.8%, suggested “none”, others reported anywhere from one time to more than five times. Results are presented here.

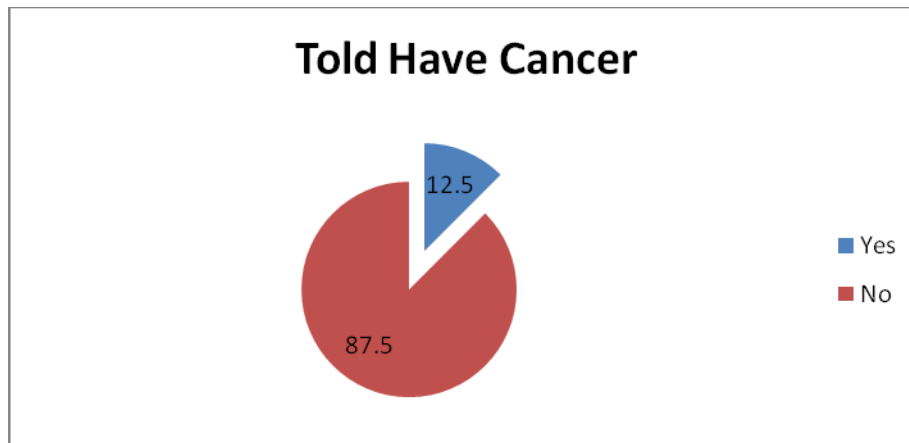
Frequency of Red or Painful Sunburn?	Percent
Zero / none	81.8%
One time	10.5
Two times	3.5
Three times	0.5
Four times	0.5
Five times or more	0.5
Don't know	2.8

Researchers followed by asking how frequently they use sun screen or sun block with an SPF of 15 or higher when they go outside on a sunny summer day for more than one hour. Just under one quarter, 21.8%, suggested “always”. Results are held within the following table.

Frequency of Using Sun Screen?	Percent
Always	21.8%
Nearly always	22.5
Sometimes	21.5
Seldom	12.8
Never	15.0
Don't stay out more than one hour	6.0
Don't know / unsure	0.5

CANCER SURVIVORSHIP

Researchers asked respondents if they have ever been told by a doctor, nurse or other health professional that they had cancer. The following graph depicts the result.



While 90.0% of all respondents with cancer report having one type of cancer, 10.0% reported having two types.

Respondents also reported their age when they were first told they have cancer. These results are presented here.

Age Told You Have Cancer?	Percent
Under 30 years of age	10.0%
30 to <40 years of age	14.0
40 to <50 years of age	30.0
50 to <60 years of age	26.0
60 years of age or older	20.0

Respondents were asked to report which type of cancer they had as of their most recent diagnoses. The following table presents the results.

Type of Cancer	Percent
Breast cancer	26.0%
Cervical cancer (cancer of the cervix)	4.0
Endometrial cancer (cancer of the uterus)	2.0
Ovarian cancer (cancer of the ovary)	4.0
Head and neck cancer	4.0
Oral cancer	2.0
Pharyngeal (throat) cancer	---
Thyroid	2.0
Colon (intestine) cancer	6.0
Esophageal (esophagus)	2.0
Liver cancer	2.0
Pancreatic (pancreas) cancer	---
Rectal (rectum) cancer	---
Stomach	---
Hodgkin's Lymphoma (Hodgkin's disease)	4.0
Leukemia (blood) cancer	---
Non-Hodgkin's Lymphoma	---
Prostate cancer	6.0
Testicular cancer	---
Melanoma	8.0
Other skin cancer	16.0
Heart	---
Lung	---
Bladder cancer	4.0
Renal (kidney) cancer	2.0
Bone	---
Brain	---
Neuroblastoma	---
Other	6.0

Two-fifths of respondents (20.0%) who reported having cancer said they are currently in care for treatments such as surgery, radiation, therapy, chemotherapy or chemotherapy pills. The remaining 80.0% said they are not currently in care related to cancer.

GENERAL PREPAREDNESS

In an effort to measure the preparedness of respondents to a large-scale disaster or emergency, researchers asked each a series of questions.

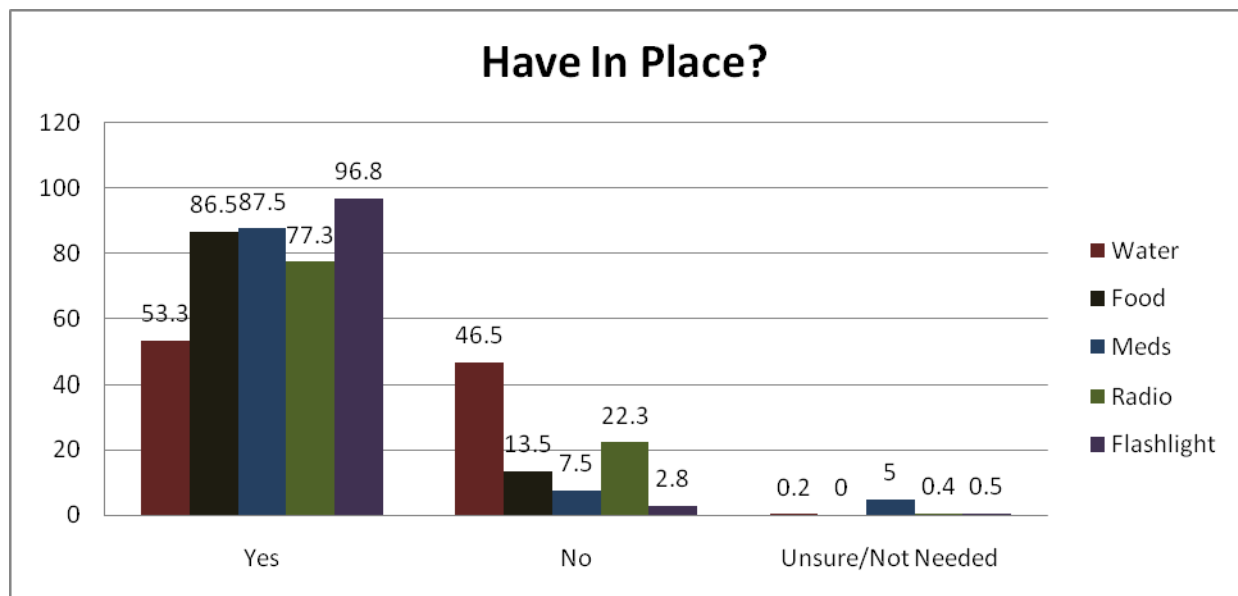
Researchers read the following to all respondents...

*“The next series of questions asks about how prepared you are for a large-scale disaster or emergency. By large-scale disaster or emergency, we mean any event that leaves you isolated in your home **or** displaces you from your home for at least three days. This might include natural disasters such as hurricanes, tornados, floods, and ice storms, or man-made disasters such as explosions, terrorist events, or blackouts.”*

All respondents were asked if they have...

- ✓ A three-day supply of water for all those living at home;
- ✓ A three-day supply of nonperishable food for all those living at home;
- ✓ A three-day supply of prescription medication for all those taking prescribed medications;
- ✓ A working battery operated radio and working batteries; and
- ✓ A working flashlight and working batteries.

The following graph presents the results as collected.



Respondents were asked what, in a large-scale disaster or emergency, they would utilize as their main method or way of communicating with friends and relatives. A large majority, 81.0%, indicated they would rely on cell phones. Means of communicating are presented here.

Means of Communication During Emergency	Percent
Cell phones	81.0%
Regular home telephones	11.8
Other	5.3
Don't know / Unsure	1.0
Email	0.5
2-way radios	0.5

Additionally, researchers asked respondents to report their main method of getting information from authorities in a large-scale disaster or emergency. The methods are presented here.

Methods of Getting Emergency Information from Authorities	Percent
Radio	43.8%
Television	26.8
Other	13.5
Internet	11.5
Neighbors	2.5
Unsure	1.8
Print media	0.3

Just over one-quarter of all respondents, 28.5%, suggested they have a written disaster evacuation plan detailing how they would leave their home during a large-scale disaster or emergency. Another 70.8% did not, and others were unsure or refused – 0.5% and 0.3% respectively.

While 90.0% of all respondents suggested they would evacuate during a mandatory evacuation, 5.5% indicated they would not, and 4.5% said they were unsure.

The reasons offered, among all respondents on why they might not evacuate during a mandatory evacuation included:

Reasons for Not Evacuating During a Mandatory Evacuation	Percent
Don't know / Unsure	21.8%
Concern about family safety	16.8
Other	14.0
Concern about leaving pets	10.3
Concern about traffic jams and inability to get out	10.3
Concern about leaving property behind	8.5
Lack of trust in public officials	6.0
Health problems	5.3
Concern about personal safety	4.3
Lack of transportation	2.3
Refused	0.8

NUTRITION

Respondents were asked to report the number of daily servings of vegetables and fruit they consume.

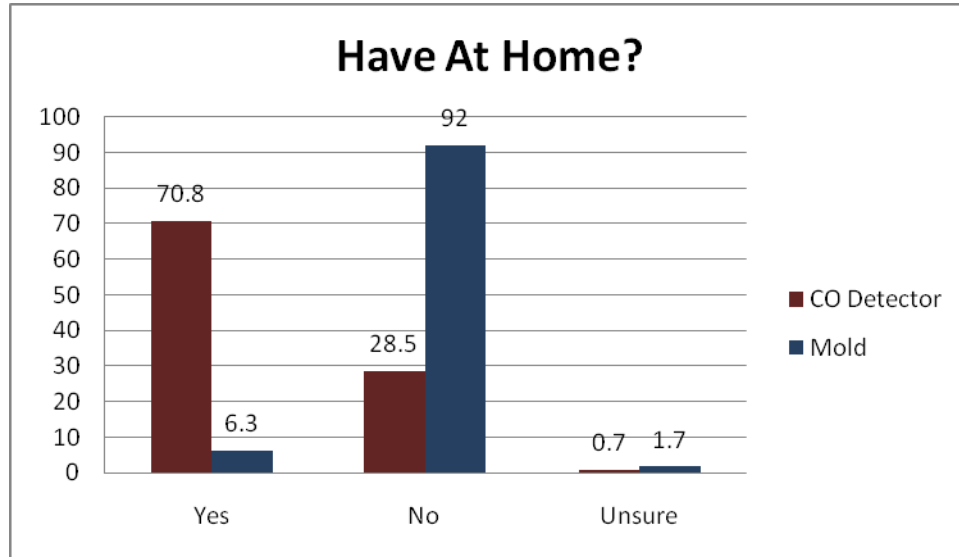
On average, the number of servings of vegetables was reported at 2.26.

On average, the number of servings of fruit was reported at 1.90.

USDA recommendation for daily servings for adults: four to five servings of vegetables and two servings of fruits.

INDOOR AIR

All respondents were asked if they have, at home, a carbon monoxide or CO detector or mold on an area greater than the size of a dollar bill. Results are presented here.



HOME ENVIRONMENT

Researchers asked respondents how often they use pesticides, sprays or chemicals to kill bugs, mice or other inside pests as well as outside to kill plant, animal, or insect pests.

Each respondent was asked on how many days, during the past 12 months, they applied pesticides, sprays or chemicals indoors and outdoors. The following table holds the results.

Days Applied	Percent Indoors	Percent Outdoors
Zero, none	82.8%	9.2%
One day	7.3	27.1
Two days	3.5	19.7
Three days	2.0	13.5
Four days	1.0	12.2
Five days	---	3.9
Six days	---	7.0
Seven days	---	1.3
Eight days	---	0.4
Nine days	---	0.4
Ten days	---	2.6
12 days	0.3	1.3
15 days	0.3	---
20 days	0.3	0.4
25 days	0.3	0.9

BMI CALCULATIONS

CRPP calculated BMIs for all 393 respondents who provided both height and weight. The average overall district average is 26.55 – an average that is considered “overweight”.

The following table holds the percentages for each BMI category.

BMI Calculations	2011
Underweight: <18	1.6%
Normal: 18.5 – 24.9	36.6
Overweight: 25 – 29.9	39.7
Obese: > or = 30.0	22.1
TOTAL	100.0
Average District BMI	26.55

HEALTH DISTRICT SERVICES NEEDED

In an open-end format question, respondents were asked what one program or service they would like to see the Central Connecticut Health District offer area residents. Questions printed in bold, within the survey instrument, are tracking questions from previous surveys of residents. **suggest the Central Connecticut Health District offer area residents.**

Community Health Needs	Percent
General health care: free, affordable and accessible	13.0%
Education: General health	8.0
Disaster Planning: help with home preparation, planning	7.2
Medical Information / hotline, newsletter, directory	5.8
Flu, vaccinations: free or affordable	5.4
Screenings: free, low cost for blood pressure, diabetes, etc	5.4
Health insurance coverage: free or affordable	4.9
Dental support, accessibility	4.9
Elderly: general services	4.9
Education: Nutrition / obesity	3.1
Transportation – for medical needs and for those disabled	3.1
Disability services	2.7
Education: Youth – teen pregnancy, health, alcohol/drugs	2.3
Elderly: health care services	2.3
Education: Hearing/vision	1.8
Education: Diet and exercise	1.8
Exercise facilities – more	1.8
Alcohol and drug abuse programming	1.8
Prescription / Meds financial help	1.3
Food Support / Meals on Wheels	1.3
Smoking cessation programs	1.3
Emergency / ambulance services	1.3
Mental health services	0.9
Education: Pesticide usage	0.9
More doctors	0.9
Youth: free health care	0.9
Education: Function of CCHD	0.4
Education: Parenting	0.4
Education: Paying medical bills	0.4
Education: Strokes	0.4
Juvenile diabetes programming	0.4
Nursing support: low cost	0.4
Eye exams	0.4
Cancer care	0.4
Elderly: transportation support	0.4
CPR courses	0.4
Crisis hotline	0.4
Bike helmet program	0.4
Bed bug removal	0.4
Snow removal	0.4
Removal of junk	0.4
Free tick testing	0.4
Daycare assistance	0.4
Education: Autism, support, services	0.4
Services for the poor	0.4
Home health care	0.4
Wheel chair services	0.4
Transportation	0.4
Product recall notifications	0.4
More shelters	0.4

DEMOGRAPHICS

Marital Status	2011
Married	64.5%
Divorced	10.3
Widowed	8.0
Separated	1.3
Never Married	14.3

Age	2011
Next Generation (18-25)	3.3%
Generation X (26-40)	16.6
Boom Generation (41-60)	52.5
Seniors (60 +)	27.9

Education	2011
Never attended school / or Kindergarten	0.3%
Grades 1 - 8	0.8
Grades 9 – 11	1.5
Grades 12 or GED	23.8
College 1 – 3 years	21.0
College 4 years or more	52.3
Refused	0.5

Hispanic, Latin American, Puerto Rican, Cuban or Mexican	2011
Yes	2.3%
No	96.8
Unsure	0.5
RF	0.5

Ethnicity	2011
White	90.0%
Black, African-American	1.3
Asian, Pacific Islander	2.3
Aleutian, Eskimo or American Indian	0.3
Other	5.3
Refused	1.0

Income	2011
Less than 25,000	4.8%
Less than 20,000	5.3
Less than 15,000	2.5
Less than 10,000	1.8
Less than 35,000	5.3
Less than 50,000	8.8
Less than 75,000	16.8
More than 75,000	41.3
Don't Know	5.0
RF	8.8

Employment	2011
Employed for wages	58.8%
Self-employed	6.5
Out of work >1year	5.0
Out of work <1year	2.0
Homemaker	2.5
Student	0.8
Retired	21.5
Unable to work	3.0

Gender	2011
Male	50.0%
Female	50.0

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Appendix

INTERPRETATION OF AGGREGATE RESULTS

The computer processed data for this survey is presented in the following frequency distributions. It is important to note that the wordings of the variable labels and value labels in the computer-processed data are largely abbreviated descriptions of the Questionnaire items and available response categories.

The frequency distributions include the category or response for the question items. Responses deemed not appropriate for classification have been grouped together under the “Other” code.

The “NA” category label refers to “No Answer” or “Not Applicable.” This code is also used to classify ambiguous responses. In addition, the “DK/RF” category includes those respondents who did not know their answer to a question or declined to answer it. In many of the tables, a group of responses may be tagged as “Missing” – occasionally, certain individual’s responses may not be required to specific questions and thus are excluded. Although when this category of response is used, the computations of percentages are presented in two (2) ways in the frequency distributions: 1) with their inclusion (as a proportion of the total sample), and 2) their exclusion (as a proportion of a sample sub-group).

Each frequency distribution includes the absolute observed occurrence of each response (i.e. the total number of cases in each category). Immediately adjacent to the right of the column of absolute frequencies is the column of relative frequencies. These are the percentages of cases falling in each category response, including those cases designated as missing data. To the right of the relative frequency column is the adjusted frequency distribution column that contains the relative frequencies based on the legitimate (i.e. non-missing) cases. That is, the total base for the adjusted frequency distribution excludes the missing data. For many Questionnaire items, the relative frequencies and the adjusted frequencies will be nearly the same. However, some items that elicit a sizable number of missing data will produce quite substantial percentage differences between the two columns of frequencies. The careful analyst will cautiously consider both distributions.

The last column of data within the frequency distribution is the cumulative frequency distribution (Cum Freq.). This column is simply an adjusted frequency distribution of the sum of all previous categories of response and the current category of response. Its primary usefulness is to gauge some ordered or ranked meaning.

CCHD CROSSTABLATIONS

Core Question	Composite	Berlin	Newington	Rocky Hill	Wethersfield	Age 18-25	Age 26-40	Age 41-60	Age >60
Q1. Have any kind of health insurance? (1-Yes)	93.3	95.5	91.1	93.4	93.8	76.9	90.8	94.1	95.4
Q3. One person as personal MD or healthcare provider? (1&2)	91.8	93.2	92.0	92.1	90.2	53.8	78.4	95.6	97.3
Q4. Need see MD in past 12 mos, couldn't - cost? (1-Yes)	9.8	4.5	12.9	11.8	8.9	23.1	12.3	10.8	4.6
Q6. When not working, do moderate exercise? (1-Yes)	83.5	85.2	75.8	86.8	88.4	84.6	90.8	86.3	75.2
Q8. When not working, do vigorous exercise? (1-Yes)	39.0	43.2	34.7	36.8	42.0	69.2	64.6	38.7	21.1
Q10. Last visited a dentist/dental clinic? (1)	90.0	88.6	87.9	89.5	93.8	84.6	95.4	88.2	90.8
Q13. Ever told had heart attack? (1-Yes)	4.8	5.7	4.8	2.6	5.4	0.0	1.5	4.9	7.3
Q14. Ever told had angina, CHF, coronary heart disease? (1-Yes)	3.2	5.7	4.0	0.0	4.5	0.0	0.0	3.4	7.3
Q15. Ever told had a stroke? (1-Yes)	2.8	2.3	3.2	2.6	2.7	0.0	0.0	2.9	4.6
Q16. Ever smoked at least 100 cigarettes in entire life? (1-Yes)	37.0	44.3	35.5	39.5	31.3	23.1	32.3	36.8	41.3
Q31. Since 8/2010, had a seasonal flu shot? (1-Yes)	54.3	61.4	52.4	53.9	50.9	15.4	41.5	50.0	75.2

Core Question	Composite	Berlin	Newington	Rocky Hill	Wethersfield	Age 18-25	Age 26-40	Age 41-60	Age >60
Q34. Ever had pneumonia shot? (1-Yes)	54.9	66.7	52.2	46.7	53.8	---	---	---	58.9
Q38. How often use seat belts? (1-always)	90.0	93.2	88.7	89.5	89.3	69.2	89.2	89.7	92.7
Q55. Ever been tested for HIV? (1-Yes)	27.8	20.5	31.5	25.0	31.3	23.1	60.0	31.4	2.8
Q56. Ever been told by MD, nurse, other health pro, have diabetes? (1-Yes)	9.5	14.8	8.9	5.3	8.9	0.0	4.6	6.4	19.3
Q63. In past 12 mos, # times had red/painful sunburn lasted day or more? (1-5)	15.5	14.7	13.7	18.4	16.1	38.5	10.8	16.2	78.3
Q65. Ever been told by MD, nurse, other health pro, have cancer? (1-Yes)	12.5	12.5	9.7	15.8	13.4	0.0	4.6	11.3	22.0
Q70. How well prepared to handle large-scale disaster/emergency? (1-Well prepared)	27.5	30.7	53.2	23.7	22.3	53.8	21.5	24.0	33.9
Q83. Have a CO detector in home? (1-Yes)	70.8	67.0	72.6	77.6	67.0	69.2	78.5	70.6	67.9

Core Question	Composite	Married	Divorced	Widowed	Never Married	Have Children	No Children
Q1. Have any kind of health insurance? (1-Yes)	93.3	95.7	85.4	93.8	86.0	90.2	95.1
Q3. One person as personal MD or healthcare provider? (1&2)	91.8	94.6	95.1	96.9	71.9	89.5	93.1
Q4. Need see MD in past 12 mos, couldn't - cost? (1-Yes)	9.8	8.1	22.0	6.3	10.5	12.4	8.1
Q6. When not working, do moderate exercise? (1-Yes)	83.5	86.4	78.0	68.8	82.5	88.9	80.2
Q8. When not working, do vigorous exercise? (1-Yes)	39.0	42.6	29.3	3.1	49.1	45.8	34.8
Q10. Last visited a dentist/dental clinic? (1)	90.0	93.0	78.0	90.6	86.0	90.2	89.9
Q13. Ever told had heart attack? (1-Yes)	4.8	3.5	9.8	3.1	7.0	2.6	6.1
Q14. Ever told had angina, CHF, coronary heart disease? (1-Yes)	3.2	3.1	4.9	3.1	3.5	1.3	5.3
Q15. Ever told had a stroke? (1-Yes)	2.8	2.3	4.9	3.1	3.5	0.7	4.0
Q16. Ever smoked at least 100 cigarettes in entire life? (1-Yes)	37.0	34.5	48.8	43.8	38.6	30.1	41.3
Q31. Since 8/2010, had a seasonal flu shot? (1-Yes)	54.3	53.5	53.7	75.0	45.6	45.1	59.9

Core Question	Composite	Married	Divorced	Widowed	Never Married	Have Children	No Children
Q34. Ever had pneumonia shot? (1-Yes)	54.9	55.9	44.4	57.1	62.5	16.7	57.9
Q38. How often use seat belts? (1-always)	90.0	90.7	95.1	93.8	82.5	89.5	90.3
Q55. Ever been tested for HIV? (1-Yes)	27.8	29.8	26.8	9.4	28.1	43.8	17.8
Q56. Ever been told by MD, nurse, other health pro, have diabetes? (1-Yes)	9.5	8.9	17.1	18.8	3.5	5.9	11.7
Q63. In past 12 mos, # times had red/painful sunburn lasted day or more? (1-5)	15.5	13.3	14.6	9.4	31.7	19.7	16.1
Q65. Ever been told by MD, nurse, other health pro, have cancer? (1-Yes)	12.5	11.2	19.5	25.0	7.0	6.5	16.2
Q70. How well prepared to handle large-scale disaster/emergency? (1-Well prepared)	27.5	26.7	19.5	40.6	33.3	19.6	32.4
Q83. Have a CO detector in home? (1-Yes)	70.8	74.4	65.9	75.0	57.9	79.7	65.2

Core Question	Composite	Education Grades 0-11	Education Gr 12/GED	Education College/Tech 1-3 yrs	Employed Wages/Self-employed	Out of work
Q1. Have any kind of health insurance? (1-Yes)	93.3	80.0	91.6	94.5	94.6	78.6
Q3. One person as personal MD or healthcare provider? (1&2)	91.8	40.0	90.6	93.8	90.8	85.8
Q4. Need see MD in past 12 mos, couldn't - cost? (1-Yes)	9.8	20.0	8.4	9.9	10.0	10.7
Q6. When not working, do moderate exercise? (1-Yes)	83.5	40.0	80.0	86.0	86.6	82.1
Q8. When not working, do vigorous exercise? (1-Yes)	39.0	10.0	32.6	42.3	46.4	32.1
Q10. Last visited a dentist/dental clinic? (1)	90.0	70.0	85.3	92.2	91.6	82.1
Q13. Ever told had heart attack? (1-Yes)	4.8	20.0	5.3	4.1	2.3	7.1
Q14. Ever told had angina, CHF, coronary heart disease? (1-Yes)	3.2	0.0	7.4	2.7	1.1	3.6
Q15. Ever told had a stroke? (1-Yes)	2.8	10.0	7.4	1.0	0.4	3.6
Q16. Ever smoked at least 100 cigarettes in entire life? (1-Yes)	37.0	30.0	47.4	34.1	33.7	57.1
Q31. Since 8/2010, had a seasonal flu shot? (1-Yes)	54.3	40.0	49.5	56.3	51.0	32.1

Core Question	Composite	Education Grades 9-11	Education Gr 12/GED	Education College/Tech 1-3 yrs	Employed Wages/Self-employed	Out of work
Q34. Ever had pneumonia shot? (1-Yes)	54.9	16.7	48.3	63.8	50.0	33.3
Q38. How often use seat belts? (1-always)	90.0	90.0	89.5	90.1	87.0	100.0
Q55. Ever been tested for HIV? (1-Yes)	27.8	10.0	23.2	30.0	32.2	42.9
Q56. Ever been told by MD, nurse, other health pro, have diabetes? (1-Yes)	9.5	20.0	12.2	8.2	6.1	7.1
Q63. In past 12 mos, # times had red/painful sunburn lasted day or more? (1-5)	15.5	0.0	19.1	14.6	18.5	28.6
Q65. Ever been told by MD, nurse, other health pro, have cancer? (1-Yes)	12.5	10.0	12.6	12.6	8.8	10.7
Q70. How well prepared to handle large-scale disaster/emergency? (1-Well prepared)	27.5	70.0	33.7	24.2	25.7	21.4
Q83. Have a CO detector in home? (1-Yes)	70.8	60.0	68.4	72.4	73.9	57.1

Core Question	Composite	Male	Female	Income <\$35K	Income \$35K and <\$75K	Income \$75K+
Q1. Have any kind of health insurance? (1-Yes)	93.3	91.0	95.5	82.1	96.1	97.0
Q3. One person as personal MD or healthcare provider? (1&2)	91.8	87.5	96.0	82.1	94.1	94.0
Q4. Need see MD in past 12 mo, couldn't - cost? (1-Yes)	9.8	9.0	10.5	19.2	17.6	3.0
Q6. When not working, do moderate exercise? (1-Yes)	83.5	84.5	82.5	78.2	78.4	91.5
Q8. When not working, do vigorous exercise? (1-Yes)	39.0	50.0	28.0	26.9	33.3	49.7
Q10. Last visited a dentist/dental clinic? (1)	90.0	89.5	90.5	78.2	88.2	95.2
Q13. Ever told had heart attack? (1-Yes)	4.8	6.0	3.5	10.3	2.9	2.4
Q14. Ever told had angina, CHF, coronary heart disease? (1-Yes)	3.2	4.0	3.5	7.7	3.9	1.2
Q15. Ever told had a stroke? (1-Yes)	2.8	3.5	2.0	10.3	0.0	0.6
Q16. Ever smoked at least 100 cigarettes in entire life? (1-Yes)	37.0	36.0	38.0	50.0	37.3	32.7
Q31. Since 8/2010, had a seasonal flu shot? (1-Yes)	54.3	48.0	60.5	48.7	50.0	55.2

Core Question	Composite	Male	Female	Income <\$35K	Income \$35K and <\$75K	Income \$75K+
Q34. Ever had pneumonia shot? (1-Yes)	54.9	46.2	58.9	44.8	64.0	71.4
Q38. How often use seat belts? (1-always)	90.0	87.0	93.0	91.0	89.2	90.9
Q55. Ever been tested for HIV? (1-Yes)	27.8	28.0	27.5	25.6	30.4	31.5
Q56. Ever been told by MD, nurse, other health pro, have diabetes? (1-Yes)	9.5	9.5	9.5	11.5	10.8	7.9
Q63. In past 12 mo, # times had red/painful sunburn lasted day or more? (1-5)	15.5	19.0	12.0	20.6	10.8	16.9
Q65. Ever been told by MD, nurse, other health pro, have cancer? (1-Yes)	12.5	10.5	14.5	15.4	13.7	10.9
Q70. How well prepared to handle large-scale disaster/emergency? (1-Well prepared)	27.5	24.5	30.5	29.5	23.5	26.1
Q83. Have a CO detector in home? (1-Yes)	70.8	70.5	71.0	61.5	73.5	77.6